



From left, Brett Crossley, Taylor Ford and Morgan Nauss will be happy to hit the ice this week.

ZANE WOODFORD/METRO

HAPPY CAMPERS

VETS JOIN HOPEFULS AT MOOSEHEADS TRAINING CAMP

metroSPORTS

Closure in road death

COURT

Drunk driver gets 10 years for fatal crash



Haley Ryan
Metro | Halifax

After four years of waiting, Trevor Robinson, the son of a Halifax man who was killed in a 2011 crash, is "just happy it's over."

On Monday afternoon in Supreme Court, Justice Allan Boudreau sentenced 38-year-old Drew MacPherson to 10 years in prison on four counts, including impaired driving causing death and criminal negligence causing death related to the crash that killed 67-year-old Ward Robinson.

"The hurt still remains and is very deep," Boudreau said in court. "It is hoped that this ... will bring some measure of normalcy to those so affected by this needless tragedy."

On Sept. 30, 2011, Ward Robinson was in a taxi that was hit head-on by MacPherson's vehicle as it rounded Barrington Street corner coming off the MacKay Bridge at a speed of 140 km/h in a 70 km/h zone.

A witness said MacPherson's car passed at a high speed before crashing into

the taxi driven by Dennis Farnell, who was injured but survived.

MacPherson had a blood alcohol level three times the legal limit, the judge said. But throughout the trial and in sentencing arguments, MacPherson said he drank only one glass of Scotch, had no memory of the crash and insisted he is not responsible for Robinson's death.

MacPherson, who represented himself, said he was placed behind the wheel while he was unconscious by the real driver, who fled the scene.

He maintained he is the victim of a plot by his parents, roommates and the justice system to "convict him, an innocent man."

Boudreau said that account "has no basis in reality."

Crown prosecutor Rick Woodburn said although he asked for a 12-year sentence, he was happy with 10, as it's in the "high end."

"(MacPherson) did this. He's going to have to come to that realization sooner or later," Woodburn said.



(I'm) just happy it's over.

Ward Robinson's son, Trevor



Live in a playground,
15 minutes from downtown.

The Links at Brunello, paddling, birding, biking... and now, tennis!

Active listings online! Sales Centre Open House, weekends, 2 until 4pm Exit # 3 off the 103





‘Just the nature of the beast’

HEALTH

Halifax Transit absenteeism highest among city workers



Zane Woodford
Metro | Halifax

Halifax Transit employees were absent more often than any other city workers in the second half of fiscal 2014, but their union president said that shouldn't be a surprise.

The bi-annual workforce report, tabled Monday at council's executive standing committee, said Halifax Transit employees took an average of 8.72 sick days between Oct. 1, 2014 and March 31, 2015 — well above the city average of 5.46 days.

The total cost of those sick days is just over \$1.5 million, of a total of about \$5 million for all city employees.

"I would attribute that to a bad winter, and as the public is sick and they're fighting numerous viruses and illnesses and they get on the bus, we're going to get sick as well," said Amalgamated Transit Union



A Halifax Transit bus is seen driving through the snow-covered roads in February. According to a bi-annual workforce report, Halifax Transit sick days cost the city nearly \$2.8 million annually. JEFF HARPER/METRO

Local 508 president Ken Wilson Monday.

"It's just the nature of the beast."

Annually, Halifax Transit em-

ployees took an average of 15.7 sick days in 2014, compared to the city average of 9.5 days.

That cost comes in at a total of almost \$2.8 million out of a total of about \$8.7 million.

Wilson said those numbers are below the national average, and he said management could be doing more to bring them down.

He refers to the cleanliness of buses and offices, providing healthy work balances for employees, and an overall better

quality of life.

"All that stuff plays into having a healthy workforce," he said.

Additionally, Wilson said dispatchers in management have told ATU members who needed a day off for an appointment to just use a sick day, because their collective agreement doesn't include personal days.

Staff presenting the report did indicate that the weather this past winter likely had an impact on the number of sick

days, and the mayor agreed.

"It was a tough winter, and that seems to be reflected," Savage said after the meeting.

It was also reflected in the number of injuries reported by city employees, with slips and trips on even surfaces up to 40 over eight during the same period the year before.

Wilson said for his members, that can be attributed to lacklustre snow-clearing in Halifax Transit depot parking lots and on city streets.

SICK DAYS

9.5

All employees of the city.

4.7

Halifax Regional Police.

13.8

Transportation and Public Works.

15.7

Halifax Transit workers.

Halifax absenteeism numbers 2014, on average, per employee.

I would attribute that to a bad winter, and as the public is sick and they're fighting numerous viruses and illnesses and they get on the bus, we're going to get sick as well.

Ken Wilson, Amalgamated Transit Union Local 508 president



Ken Wilson METRO FILE

CAMPAIGN FINANCING

City lobbies province for permission to explore reforms

Changes may be coming to the rules governing how those running for mayor and council in Halifax bankroll their campaigns.

The city's executive standing committee voted Monday to ask the province to open up the city charter to allow council to change the rules around campaign financing, though that's not likely to happen until after the next municipal election.

Mayor Mike Savage has led the charge on changing the rules, and said after Monday's meeting that it's not enough to just put a limit on how much money can

be raised in total.

Savage points to possibilities such as putting limits on how much money candidates could receive from one person or corporation and limiting when candidates can raise money.

"I have my idea of what campaign rules should be, but all the other councillors do as well," he said.

During Monday's meeting, some other councillors questioned the decision to open up the charter without knowing what they want to change.

"I see that this is sort of in

vogue lately, and many municipalities are doing it and it's a growing trend and I support looking at things, but there's information I asked for that's not included in the report, Coun. Linda Mosher said.

"There's all these questions I have which aren't answered in the report and ... we haven't even determined that the system is broken yet," Coun. Russell Walker commented.

The report examines how things are done in other jurisdictions across Canada, but makes no specific recommendations.

Coincidentally, the province made a call Monday for public input on electoral changes — including campaign financing — across Nova Scotia.

Municipal affairs minister Zach Churchill told Metro on Monday afternoon he realizes Halifax is a "unique municipal unit," and he's up for the conversation.

"Generally speaking, consistency is a good thing," he said. "But that doesn't mean we're going to shut the door on any needs HRM has in this."

ZANE WOODFORD/METRO



Mayor Mike Savage METRO FILE

“

There's all these questions I have which aren't answered in the report and ... we haven't even determined that the system is broken yet.

Coun. Russell Walker

MONCTON

RCMP respond to report of armed man

Police in Moncton, N.B., have released the name and picture of a man they believed is armed with a gun in the west end of the city, and who may pose a hazard to himself.

RCMP Const. Jullie Rogers-Marsh says police are concerned about the safety and well-being of 20-year-old Travis Squires.

Police say they responded around 5:30 a.m. to a home on Shamrock Avenue where reports suggested a man was doing damage in the house and had assaulted another man.

They say a witness saw the man go into a shed where a firearm had been stored.

Codiac RCMP blocked off a section of the Salisbury Road,



Travis Squires HANDOUT

but it was re-opened by mid-afternoon.

Residents of the Rosewood Trailer Park are asked to stay inside their homes as a precaution, and police are going door-to-door seeking information on Squires' whereabouts.

THE CANADIAN PRESS

CAPE BRETON

Man dies in hospital after truck rollover

The RCMP is investigating the cause of a single-vehicle rollover near Balls Creek in Cape Breton that resulted in a man's death.

At about 8:15 a.m. Monday, Cape Breton Integrated Traffic Services responded to a report that a Ford F150 truck had left the road on Highway 125 between Exit 3 and 4, between North Sydney and Syd-

ney River, and had overturned in the ditch.

The 79-year-old male driver and his 78-year-old female passenger, both of North River, were transported to Cape Breton Regional Hospital.

Police said the driver later died in hospital.

The passenger suffered non-life-threatening injuries.

CAPE BRETON POST



The scene of the Balls Creek accident. CAPE BRETON POST

IN BRIEF

Inmate dies in cell at federal penitentiary

A federal prison in Nova Scotia says a 63-year-old man died in his cell on Friday.

A news release from Springhill Institution says the inmate was found unresponsive and staff were unable to revive him with CPR.

Terrance Matchett had been serving a sentence of three years, one month and

a day since February 2013 for aggravated assault and failure to comply with his release conditions.

The inmate's next of kin have been notified of his death.

A spokeswoman for the prison says police and the coroner have been notified, and the Correctional Service of Canada will review the circumstances of the incident.

THE CANADIAN PRESS



BRIDGETOWN BLAZE BREAKS OUT AT B&B Nobody was at home when a fire broke out at a bed and breakfast in Bridgetown early Monday morning, but the blaze extensively damaged the large 2-1/2-storey house on South Street. Bridgetown Fire Chief Randy Sheridan said firefighters received the call at 3:30 a.m. and when they arrived on the scene found plenty of smoke but no fire on the outside. When they opened the front door they discovered the stairs to the second floor were gone. ANNAPOLIS SPECTATOR

Charges expected in wake of fatal crash

DARTMOUTH

Driver of stolen van fled the area, police say



Philip Croucher
Metro | Halifax

Halifax Regional Police say charges are expected to be laid against a 33-year-old man after a stolen vehicle was involved in a fatal

crash in Dartmouth late Sunday night.

The accident happened at 11:20 p.m. in the 500 block of Windmill Road.

According to police, the accident involved a stolen van and a car, with the driver of the van fleeing the area.

The driver of the car, a 56-year-old man, suffered serious injuries and was taken to the Queen Elizabeth II hospital in Halifax, where he later died.

The man driving the van fled

+ BACKGROUND

Police say the victim's family has been notified of his death, and it will up to them whether they want his name released.

the scene on foot, but was later arrested by a police K9 unit.

He was taken to hospital with minor injuries and released Monday morning.

From there, he was taken to police headquarters where he was questioned by investigators.

"With the charges pending, we'll be able to say more once that's gone through," police spokeswoman Const. Dianne Woodworth said on Monday afternoon when asked about how the accident happened.

When asked when the van was stolen, Woodworth said she didn't know.

She did say it was raining at the time of the crash.

INVESTIGATION

Taxi driver robbed at gunpoint in Halifax

Police in Halifax are looking for a suspect after they say a taxi driver was robbed at gunpoint early Monday morning.

Halifax Regional Police responded to the 40 block of Frederick Avenue in Halifax around 1:30 a.m. after the driver reported being robbed by a man he had picked up on Titus Street.

Police said the suspect pulled out a small black handgun and demanded money from the driver, who resisted the robbery.

The suspect ran away towards Dutch Village Road, police said. The area was searched by patrol members and the K-9 unit but they did not find the suspect.

The taxi driver was not

+ DESCRIPTION OF THE SUSPECT

The suspect is described as a white male in his twenties, five-foot-seven, with a thin build.

He had black curly hair with a beard. He was wearing a black jacket, jeans and carrying a backpack.

hurt, and police said the suspect was unsuccessful in taking any money.

The matter is under investigation.

METRO

Voting rights plan delayed after province's response

POLITICS

Permanent residents should be able to run, nominate: Furey



Zane Woodford
Metro | Halifax

A letter from the former minister of municipal affairs has thrown a wrench into the city's plan to give permanent residents the right to vote in municipal elections.

At an executive standing committee Monday morning, city council asked for a report into giving permanent residents of Halifax Regional Municipality the right to run for office, or nominate candidates for office.

The discussion was a direct result of a letter from Mark Furey received late last month, but the letter itself became the centre of attention.

In the letter, Furey tells Halifax Mayor Mike Savage he's happy that he's "elevated the discussion" on the topic of voting rights for permanent residents, but that the province is "not prepared to move forward" unless permanent residents are given all three rights: to vote, to run for office and to nominate candidates.

After the meeting, Savage refused to call that an ultimatum, but said "the response is a bit of a surprise."

"What we asked for is a right to vote, not the right to run," he said.

"I just don't understand this letter," said Coun. Steve Craig, adding the province should just respond with a "yes" or "no" regarding the city's request to allow permanent residents to vote.



A car drives by two election signs on Inglis Street in south-end Halifax during the 2012 municipal election. On Monday, city council asked for a report into giving municipal voting rights to permanent residents in Halifax. METRO FILE PHOTO



It's a little bit like asking for a sandwich and being told you can have a sandwich as long as you get the lobster and steak as well.

Mayor Mike Savage

"I think this is totally inappropriate, especially for a minister."

Since that letter came to city hall, Zach Churchill has taken over the municipal affairs file.

He doesn't share his predecessor's black and white view on the matter, saying he never wants to shut the door on a conversation with the city, but he said he

does find the city's "inconsistent approach" to be "worrisome."

"If they do have that ability to vote, in terms of fairness, is it not also fair to allow those people to seek public office to represent their peers, and to nominate candidates? That's an important question that, as a new minister, I think I need answered," he said.

Churchill reiterated the importance of the relationship

between the government and the municipalities, but he said it has to be a reciprocal one.

"It's not just a one-way street where every request is going to be granted," he said.

The committee voted for a report on the idea of giving all three rights to permanent residents, and both Savage and Churchill said there will be more meetings between the two levels of government.

TRANSPORTATION

Bicycle route opens

In an effort to connect the entire province through a network of bicycle routes, the first section — from Pictou to Bible Hill — has finally opened.

It stretches for 60 kilometres and takes cyclists from Pictou to East Mountain through a variety of riding conditions, including a short, hard surfaced trail segment, paved shoulder bike route, and a shared lane on a quiet, secondary highway.

3,000

Eventually, the Blue Route will feature 3,000 kilometres of bike-friendly routes that connect one end of the province to the other.

Heading out of town from Pictou, the landscape shifts from open, mixed forests dotted with farmlands along the West River, to quiet evergreen forests with several climbs and descents going past Mount Thom on the way into Truro.

"Bicycle Nova Scotia has been working towards this day for eight years — since the beginning of the Blue Route concept for Nova Scotia in 2007.

"This is an exciting moment for Nova Scotia and it puts active transportation in the spotlight," said Ben Buckwold, director of Blue Route Implementation for Bicycle Nova Scotia, in a press release.

"The Blue Route signals a new direction for Nova Scotia that will benefit our economy, our health and our environment."

"Communities around the world are investing in bicycle infrastructure and it is great that Nova Scotia is part of that."

TRURO DAILY NEWS

ELECTION

NDP candidate resigns, but claims he has been 'smeared'

A Nova Scotia NDP candidate pulled from the running in the federal election says the controversial comments behind his ousting were taken out of context.

Woolville resident Morgan Wheeldon's pursuit of the federal Kings-Hants seat has been cut short at the onset of one of the longest federal election campaigns in history as a result of Facebook comments featured on a Conservative attack website.

"I've been smeared. I've been called an anti-Semite and everything I said has been taken completely out of context," Wheeldon said Monday.

The website, targeting several New Democrat candidates, published a Facebook comment Wheeldon posted Aug. 31, 2014, in a discussion about the Israel and Gaza conflict.

"One could argue that Israel's intention was always to ethnically cleanse the region — there are direct quotations proving

this to be the case. Guess we just sweep that under the rug. A minority of Palestinians are bombing buses in response to what appears to be a calculated effort to commit a war crime," the controversial Facebook post reads.

Wheeldon, 33, said his opponents chose to focus on a snippet of a broader conversation about the media's coverage of the foreign conflict.

"I made extremely clear in that conversation that I don't

actually fault either side more than the other, but I was pointing out that the way you look at the issue is influenced by what information source you use," he said.

Wheeldon said he has experienced "an explosion of people calling me an anti-Semite" as a result of a false representation of his character.

"Frankly, it's just nasty, mean-spirited politics where I'm being smeared with dishonest interpretations of

what I said," he said.

Wheeldon said this comment was also taken out of a discussion wherein he was expressing concern that the government was treating people with disabilities as an inconvenience in a country that used to be known for its compassion.

"They took a sarcastic comment about the direction of Canada and made it look like I was talking about all of Canada," said Wheeldon.

TC MEDIA



Morgan Wheeldon. TWITTER

EDUCATION

CBU students' union appeals \$300K ruling

The Cape Breton University students' union has decided to appeal a court ruling that ordered it to pay close to \$300,000 to the Canadian Federation of Students.

"We were looking at all of our options and appealing was obviously one of them," said students' union president Brandon Ellis. "We had consulted with the firm (Borden Ladner Gervais) that is going to be representing us on the merits of the case and they believe that there's a few areas in which we can appeal."

Ellis said it's his understanding that the appeal process before the Ontario Court of Appeal can take anywhere from six to 18 months. And as that process unfolds, the union will continue to weigh a number of options.

"We're taking a multi-pronged approach right now," he said. "So we've preserved our right to appeal and we're currently moving forward with that. We've met with bankruptcy trustees to get more information on the process of bankruptcy and the lines of communication with the Canadian Federation of Students are still open as well."

The issue between the CBU students' union and the federation dates back to 2008, when CBU students held a referendum that resulted in a 92 per cent vote to withdraw from the federation over

concerns the national body's tactics were out of date, that some other Nova Scotia post-secondary schools were not members, and that services offered by the federation could be provided locally and at less cost.

The national organization challenged the CBU students' union, citing federation by-laws that call for six months notice for a vote on leaving the organization.

Earlier this summer, an Ontario Superior Court justice ordered that the CBU students' union pay \$293,000 in back dues to the federation. The court also ruled that because the 2008 vote was invalid, the local students' union continues to be a full member of the federation.

Ellis said they don't have to pay the back dues while the appeal process is happening.

"However, the courts still, for the meantime, recognize us as CFS members and there's no doubt in my mind that CFS is still going to bill us for membership dues this year as well," he said.

In the meantime, the students' union is finding ways to manage the situation.

"We didn't plan in our budget for an appeal so we've had to make some cuts to some internal employment positions, which were very unfortunate," he said. "But we're coping and we're tightening our belt." CAPE BRETON POST

We're going to continue to operate as normal ... There will still be a frosh week, there will still be tutoring, there will still be a campus pub; everything that they're used to getting, service-wise, from their student union will be happening over the next year.

CBU students' union president Brandon Ellis



A passenger walks inside the Halifax Stanfield International Airport. JEFF HARPER/METRO

Ins and outs of new airport road network

INFRASTRUCTURE

Outbound lane unveiled Tuesday, traffic now one-way



Visitors and employees will now be able to use a newly constructed outbound roadway after months of work at the Halifax airport.

Halifax Stanfield International Airport opens its new one-way loop road system Tuesday, to better handle traffic after a year of construction.

"It's been part of our master plan since way back in the '90s," Michael Healy, vice president of infrastructure and commercial development for the Halifax International Airport Author-



The design for the new loop at the airport. CONTRIBUTED

ity (HIAA), said Monday.

"We were seeing increasing congestion, particularly at peaks at the end of the day.... This new road network will allow a lot more traffic to flow more smoothly."

The new road network also creates a loop of property in the middle, home to the HIAA's development of its "commercial core," Healy said.

"It accomplishes a number of feats at one time," he said.

For the new outbound lane, Healy said rather than driving around the corner behind the parking structure, drivers now continue straight past it, over an overpass and up on a new two-lane road that will lead to the area near Tim Hortons on the inbound road.

Healy said the authority had been noticing lineups in the afternoons and mornings in recent years, due to employees and travellers arriving or leav-

ing at the same time.

For now, those leaving the parking garage will follow the old road, then detour onto the new one, Healy said, until a proper exit ramp can be built that crosses onto the new outbound road.

Healy said drivers will continue to use the existing inbound road for now, but improvements including repaving, new curbs and under-water service connections will continue over the next eight weeks.

"We're going to move traffic back and forth a bit from lane to lane with barrels and cones," Healy said about the upcoming work.

The new one-way loop is common at other major airports, Healy said, since separating traffic helps accommodate larger volumes of cars, taxis and buses.

"(It) should handle our capacity for many years," Healy said.

HEALTH

Long lines for new Yarmouth doctors

People were lined up outside a doctors' clinic in Yarmouth early Monday as registration forms were being distributed and accepted for potential patients of two new doctors who are setting up practices at Harbour South Medical Clinic.

The lineup started before 7:45 a.m.

The Harbour South Medical Clinic said it has a limited number of registration forms to distribute, but it was expecting to distribute and accept 1,000 to 1,200 forms.

This is just the first intake

of patients for the new doctors. There will be another wave of registration forms accepted for these doctors again in the future after the practices have been established and bookings have made for the new patients being accepted in the first intake.

There is no date at this point of when the second intake of patients will be.

The two new doctors are Dominique Babin-Muise and Joe Gillis. Both new physicians have strong family ties to the area.

YARMOUTH VANGUARD

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

6 TO SIX@6 LAST NIGHT:

- 6 Nicki Minaj
The Night Is Still Young
- 5 Ed Sheeran
Photograph
- 4 Jason Derulo
Cheyenne
- 3 Selena Gomez ft ASAP Rocky
Good For You
- 2 The Weeknd
Can't Feel My Face
- 1 Demi Lovato
Cool For Summer

101.3 THE BOUNCE

1013TheBOUNCE.com 1013thebounce

Harper ramps up defence on anti-terrorism initiatives

ELECTION 2015

Conservative leader slams rival opposition as misguided

The Liberals and the NDP would fight insurgents overseas by doing little more than “dropping aid on dead people,” Stephen Harper said Monday as he doubled down on the Conservative party’s tough-on-terror strategy.

With this week’s return of Mike Duffy promising another barrage of banner headlines and awkward campaign-trail questions, Harper struck a defiant tone as he defended putting Canada front and centre in the global fight against militants in Iraq and Syria.

He showed a softer side, promising to take in 10,000 more refugees from both countries over the next four years and to spend \$90 million to help protect artifacts and places of worship from the Islamic State of Iraq and the Levant.

But when talk turned to Canada’s aggressive military approach, Harper’s language grew sharp as he described how ISIL was engaged in “mass slaughter at an alarming, lightning pace” when the Conservative government got involved.

“If your policy is humanitarian assistance without military support, all you’re doing is dropping aid on dead people,” he said during a campaign stop in Markham, Ont., describing the position of “diaspora groups” in Canada.

“That’s not acceptable. We’re a country that can contribute militarily and in a humanitarian



NDP Leader Tom Mulcair speaks before signing copies of his new book *Strength of Conviction* in Toronto on Monday.

GALIT RODAN/THE CANADIAN PRESS

sense, and we are doing both.”

Harper brushed off the criticisms of NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau, who have rejected military action and called for Canada to stick to providing humanitarian aid.

Offering safe haven to refugees simply isn’t enough, he added.

“(ISIL), left to its own devices, will create millions — tens of millions — of refugees and victims on a monthly basis,” Harper said. “That’s why the international community intervened ... President Obama and our allies felt we had no choice.”

When asked about his eye-

brow-raising promise Sunday to impose an outright ban on travel to regions controlled by terror groups, Harper repeated the day’s sound bite of choice, saying such travel is “not a human right.”

Political posturing, Trudeau scoffed during a morning event in Montreal, calling the idea a distraction meant to draw attention away from the Conservatives’ dismal economic record.

“Canada is a country that respects people’s rights,” Trudeau said.

NDP Leader Tom Mulcair began the day in Toronto, attending a book-signing event that had been scheduled long be-



If your policy is humanitarian assistance without military support, all you’re doing is dropping aid on dead people.

Prime Minister Stephen Harper

fore the election campaign was. Politics, however, stood up and demanded attention.

Friendly protesters armed with banners stood up and confronted the NDP leader about his position on the Energy East pipeline, demanding to know if he would oppose the project if it proved incompatible with national action on climate change.

Sure, Mulcair replied.

“That’s what the whole pur-

pose of coming in with a new system is to make sure that we take into account climate change whenever we analyze a project.”

The New Democrats were expected to announce which of the proposed leaders’ debates Mulcair would participate in. The party has said it won’t take part in any debates that don’t include the prime minister.

THE CANADIAN PRESS

PARLIAMENT HILL

Shooting reports released



Steve Rennie
Metro | Ottawa

There were not enough security guards on duty to quickly lock down Ottawa City Hall the day a lone gunman shot and killed a soldier on sentry duty at the National War Memorial and stormed Parliament Hill, according to a report released by the City of Ottawa.

The three guards stationed at city hall needed the help of bylaw officers — who fortunately happened to be in the building — to help them secure the premises after Michael Zehaf-Bibeau launched his deadly attack last October.

“It is not possible for the three security guards that work within the facility to conduct a quick and effective lockdown of the City Hall and Heritage building with the existing physical security strategies and equipment,” the report noted.

That is just one of the findings of a trio of reports that looked at how the city responded to the Oct. 22, 2014 attack in the nation’s capital — including one with a number of recommendations that city staff had refused to divulge.

The findings of the reports call into question the city’s assessment of its response to the attack, which lauded Ottawa’s emergency management program as being “effective and efficient.”

Indeed, one of the reports found a “lack of guidelines, policy, plans or procedure for city facilities in relation to protective measures for staff and the facilities.”

It found internal communications to city staff and people inside city hall were “slow and inconsistent,” while the messages relayed to these people were “not precise with clear instructions/directions.” The report also said there were “inter-agency struggles in relation to roles and responsibilities.”

These findings are now coming to light following Metro’s complaint to the province’s information commissioner over the city’s decision to censor all of the recommendations of its March report on the city’s response to the October 2014 shooting.

The city has now released all 20 of the recommendations it had previously refused to divulge. The recommendations in the city’s report are based on the findings of two separate reports done by consulting firms Lansdowne Technologies Inc. and Security Through Safe Design Inc.

VANCOUVER

CBC reporter accepts apology from on-air kisser



Emily Jackson
Metro | Vancouver

CBC report Megan Batchelor has accepted an apology from the teen that ambushed her live broadcast to kiss her cheek and take a selfie at the Squamish Valley Music Festival.

Batchelor, who filed a report with Squamish RCMP about the Friday incident that left her angry and embarrassed, spoke with the 17-year-old Saltspring Island resident

Daniel Davies after he reached out to her on Monday.

“He’s utterly embarrassed, totally remorseful, and he said all the things we wanted him to say,” she told Metro on Monday.

And Davies owned up to what happened. Speaking to Batchelor on a clip that aired on CBC radio, Davies’ voice shook with emotion as he apologized.

“I was reading a lot of comments saying that things do happen at festivals, but I don’t think that is right at all.

Honestly, I think at the moment I thought it was a joke, then I stepped in your shoes. That’s when I kind of realized that it all was not a joke at all,” Davies said. “That’s your career. It’s also your body, and you have complete control over that and without anyone else’s consent, they do not have the right to do anything to anyone.”

“I wish I understood that before I did it, but like I said, I made the mistake already and I want to make the best of the situation.”

Batchelor is relieved Davies is taking the incident seriously. The complaint is in the RCMP’s hands, but she told CBC she does not want to see him end up with a record.

The negative reactions to her decision — many accuse her of overreacting — reinforce how serious the situation is, she said.

“I’m not offended by a kiss on the cheek, I’m not a prude. I’m offended that someone felt like it was OK for someone to bombard me while I’m doing my job,” she said.

+ ONGOING ISSUE

Megan Batchelor hasn’t been the only reporter to be disrupted on live television lately. “This is just something that’s happening way too often,” she said, noting many colleagues have experienced similar things or have been shouted at with the inexplicably popular phrase “F— her right in the p—” predominantly directed at female TV reporters.

TRANSPORTATION

Less drunk driving with UberX: Study

Ride-share service UberX isn't just getting scrutiny from regulators in the U.S. Researchers at Temple's Fox School of Business in Philadelphia say the service might even save lives.

In their paper, *Show Me the Way to Go Home: An Empirical Investigation of Ride Sharing and Alcohol Related Motor Vehicle Homicide*, scholars Brad N. Greenwood and Sunil Wattal report that in California, "the entrance of UberX result(ed) in a 3.6 per cent — 5.6 per cent decrease in the rate of motor vehicle

homicides per quarter."

In other words, UberX has a positive impact on reducing drunk driving.

The study goes on to say that traditional Uber services do not have the same impact on DUIs. There's something special about the UberX service itself.

UberX, ride sharing app Uber's low-cost option, essentially empowers everyday people with cars to act as de facto cab drivers, picking up users and dropping them off via Uber's app.

JOSH KRUGER/METRO PHILADELPHIA

INTERNATIONAL SPACE STATION

First space-grown meal eaten on ISS

These are the salad days of scientific research on the International Space Station. On Monday, for the first time astronauts munched on red romaine lettuce that they grew in space.

After clicking their lettuce leaves like wine glasses, three astronauts tasted them with a bit of Italian balsamic vinegar and extra-virgin olive oil.

Astronaut Kjell Lindgren pronounced it awesome, while

Scott Kelly compared the taste to arugula. They talked about how the veggies added colour to life in space.

If astronauts are to go farther in space, they will need to grow their own food and this was an experiment to test that.

Astronauts grew space station lettuce last year but had to ship it back to Earth for testing and didn't get to taste it.

THE ASSOCIATED PRESS



A crop of red romaine lettuce from the International Space Station's veggie plant growth system.

NASA VIA THE ASSOCIATED PRESS

IN BRIEF

Columbia House files for bankruptcy protection

The company that once offered to sell you eight CDs for 1 cent has filed for Chapter 11 bankruptcy protection after almost 20 years of falling sales.

The parent of the Columbia House music and DVD clubs said Monday it plans to sell its Columbia House DVD Club business, which sells recorded movies and TV series directly to consumers, through a bankruptcy auction. THE ASSOCIATED PRESS

Accused 'Slender Man' killers stay in adult court

A Wisconsin state judge ruled Monday that two girls accused of stabbing a classmate to please the online horror character Slender Man will stay in adult court, where they could face decades in prison.

The 13-year-old girls' attorneys had sought to transfer their cases to the juvenile court system, where they could be held for only five years.

THE ASSOCIATED PRESS



Jonathan Tremaine kneels on the steps of the Thomas F. Eagleton Federal Courthouse at the start of a protest outside the building, Monday, in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

An anniversary of violence in Ferguson

MISSOURI

Police shoot young man, claim they were returning fire

A man who authorities say opened fire on officers in Ferguson, Mo., on the anniversary of Michael Brown's death was critically wounded when the officers shot back, St. Louis County's police chief said early Monday.

Chief Jon Belmar said at a news conference that officers had been tracking the man, who

they believed was armed, during a protest marking the death of Brown, the black, unarmed 18-year-old whose killing by a white Ferguson police officer touched off a national "Black Lives Matter" movement.

The man approached the officers, who were in an unmarked police van, and opened fire, Belmar said. The officers returned fire from inside the vehicle and then pursued the man on foot when he ran.

The man again fired on the officers, the chief said, and all four officers fired back. He was struck and fell.

The man was taken to a hospital, where Belmar said he was

“There is a small group of people out there that are intent on making sure that peace doesn't prevail.”

St. Louis County Police Chief Jon Belmar

in "critical, unstable" condition. Authorities didn't immediately release the identities of anyone involved, but Tyrone Harris told the St. Louis Post-Dispatch that

the injured man was his son, 18-year-old Tyrone Harris Jr.

None of the officers was seriously injured. All four have been put on standard administrative leave. They were not wearing body cameras, Belmar said.

The shooting happened shortly after a separate incident that the chief called "an exchange of gunfire between two groups" rang out around 11:15 p.m. Sunday while protesters were gathered on West Florissant Avenue, a business zone that saw rioting and looting last year after Brown's killing. The shots sent protesters and reporters running for cover.

THE ASSOCIATED PRESS

TURKEY

Crackdown on ISIL, Kurds, Marxists

Two female assailants opened fire at the U.S. Consulate in Istanbul on Monday and at least six Turkish security forces were killed elsewhere in a day of heavy violence in Turkey, where a government crackdown has targeted militants from the Islamic State of Iraq and the Levant (ISIL), Kurdish rebels and far-left extremists.

Turkey has seen a sharp spike in clashes between security forces and rebels of the Kurdistan Workers' Party, or PKK, in the wake of its campaign against PKK targets in Iraq in tandem with airstrikes against ISIL militants in

Syria. Hundreds of suspected militants have also been rounded up at home.

No one was hurt in the attack on the U.S. Consulate, which came just weeks after Turkey agreed to take a more active role in the U.S.-led campaign against ISIL and to allow the U.S.-led coalition to use its bases in the fight. On Sunday, the U.S. military announced that a detachment of six F-16 fighter jets and some 300 personnel had arrived at Turkey's southern Incirlik Air Base.

A far-left group that carried out a 2013 suicide bombing

+ BACKGROUND

Turkey has recently started taking a more active role against ISIL militants. Last month, it conducted aerial strikes against ISIL positions in Syria and agreed to let the U.S.-led coalition use its bases for its fight against ISIL.

THE ASSOCIATED PRESS

on the U.S. Embassy in Ankara claimed it was involved.

Both assailants fled, and one was later shot and taken into custody. The Revolutionary People's Liberation Army-Front, or DHKP-C identified her as 51-year-old Hatice Asik and said she was a member of the group, which is considered a terrorist organization by the U.S. and Turkey. The other assailant was still at large.

In a statement on its website the group described Asik as a "revolutionary" fighting American oppression and vowed to maintain its struggle until Turkey is "cleared" of all U.S. bases on its territory. THE ASSOCIATED PRESS

Cutting prices for moviegoers

THEATRES

Despite rising admission costs, there are tricks to saving money

Once a go-to family outing, trips to the movies are now almost as pricey as dinner at a nice restaurant.

Movie ticket prices in Canada and the U.S. have risen steadily over the last decade or so, from an average of \$6.21 in 2004 to \$8.17 in 2014. At Cineplex theatres, the country's largest chain, admission for an adult costs around \$13; for children and seniors, it's \$9 and \$9.50, respectively.

And Scene, Cineplex's points-based loyalty program, recently announced changes that will make it costlier to score free premium tickets. Customers currently need 1,000 points to watch any

movie for free, but under the new rules, which go into effect Nov. 4, 3D screenings or tickets to an UltraVX or Imax feature will cost 1,500 points. Adult-only VIP shows will require 2,000 points.

Still, there are ways to reduce the cost of seeing a movie. Here are a few tips:

Stay loyal: New rules aside, a Scene membership is still an easy way to score free movies. Members receive a Scene card, which earns points for movies watched and offers discounts on snacks. There are also Scene debit and credit cards through Scotiabank. Members earn a point for every \$1 spent.

Try Tuesday: Cineplex offers discounted fares on Tuesdays. Tickets for a regular screening

cost \$7.99. Scene members get an additional 10 per cent off.

Go indie: Rainbow Cinemas sells adult tickets for \$10; kids' and senior tickets are \$6 and students cost \$7.

Head outdoors: There are a number of free outdoor screenings this summer.

Look for promos: Cineplex is offering a Family Favourites deal, through which families can attend a Saturday matinee of an older movie for \$2.99 per ticket.

Dine wisely: Theatre popcorn and candy is marked up — so, to cut costs, consider taking your own food. For instance, major theatre chains can sell chocolate bars for \$4 to \$6. The same candy is available at Dollarama for \$1 to \$2. TORSTAR NEWS SERVICE

\$13

Adult admission costs around \$13 at Cineplex theatres. For children and seniors, it's \$9 and \$9.50, respectively.



A patron buys popcorn and a drink at a Cineplex theatre in Toronto. The cost of going to the movies has risen steadily over the last decade or so. CONTRIBUTED

IN BRIEF

Russian economy dives

Official government figures show that the Russian economy was 4.6 per cent smaller in the second quarter than the previous year in the wake of plummeting oil prices and Western sanctions.

THE ASSOCIATED PRESS

Alibaba expanding

Alibaba is taking a 20 per cent stake worth about \$4.63 billion US in Chinese electronics store chain Suning in a move that helps the e-commerce firm expand in the brick-and-mortar arena.

THE ASSOCIATED PRESS

market minute

	DOLLAR 76.92¢ (+0.78¢)
	TSX 14,466.39 (+163.69)
	OIL \$44.96 US (+\$1.09)
	GOLD \$1,104.10 US (+\$10)

NATURAL GAS: \$2.84 US (+4.4¢)
DOW JONES: 17,615.17 (+241.79)

TECHNOLOGY

iPhone 6S launch set for Sept. 9

Apple is expected to host its next iPhone launch on Sept. 9, so what can we expect when CEO Tim Cook takes to the stage to unveil the new device?

BuzzFeed's John Paczkowski, who correctly called the date for last year's event, claims that according to his sources, Apple will again host its fall iPhone 6S launch on Sept. 9.

The 'S' suffix usually means more speed and the iPhone 6S and phablet counterpart, the iPhone 6 Plus S, will be getting a processor bump. However, sources believe that the updated devices will also feature Apple's new 'Force Touch' technology.

Unveiled in March in the trackpads of its new MacBooks, Force Touch can respond differently to different types of pressure, so the weight of a tap or a swipe could conceivably activate specific features or open specific apps, for example. It also offers haptic feedback: if you press, it presses back so that you know you've made contact, something that could add another level of immersion to mobile gaming, for instance.

AFP

DIET PEPSI

Aiming for sweet spot — just not in Canada

A revamped Diet Pepsi without aspartame is popping up on store shelves in the U.S. So will people start flocking back to the soda?

PepsiCo says its new Diet Pepsi should be available across the U.S. this week. In response to customer feedback, the company said earlier this year that it would replace the aspartame in the drink with another artificial sweetener that has less baggage.

But Canadians won't be seeing the new format. Diet Pepsi in Canada will continue to be sweetened with aspartame, the company wrote in an email to The Canadian Press.

"There are no changes to any cola beverages in Canada at this time," said Sandy Lyver of PepsiCo Beverages Canada.

The rollout in the U.S. will test the theory that the sweetener is to blame for fleeing customers, or if other issues might be at play. Other diet sodas that still have aspartame include Diet Coke, Diet Dr Pepper and Fanta Zero.

Sales of traditional diet sodas have been falling. Industry executives blame the free-fall on unfounded concerns people have about aspartame. Two years ago, Coca-Cola even

+ SWEETENERS

New combinations

It's not the first attempt by PepsiCo Inc. to lift flagging sales of Diet Pepsi. In 2012, the company tried improving the drink by combining aspartame with acesulfame potassium, often called ace-K, another artificial sweetener that helps prevent the taste from degrading over time. The latest version of Diet Pepsi will also have ace-K in addition to sucralose, best known by the brand name Splenda.

tested ads in select newspapers defending the safety of the sweetener. "It's the No. 1 thing that our customers have been calling about," said Seth Kaufman, a senior vice-president at PepsiCo.

In terms of taste, Kaufman said it's not identical but that the drink should still be familiar to fans of Diet Pepsi.

The new cans will be marked with the words "Now Aspartame Free" above the Pepsi circle logo.

THE ASSOCIATED PRESS

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metro's election explainer

Can Conservatives legally outlaw travel to ISIL-controlled regions?

Maybe not, but it's murky.

What the PM says

This week, Prime Minister Stephen Harper announced that if re-elected he would make it a criminal offence to travel to regions he called "ground zero for terrorist activity," particularly, members of his party later said, the parts of Syria and Iraq controlled by the group that calls itself Islamic State of Iraq and the Levant (ISIL). The measure is meant to prevent Canadians with radical views from leaving the country to join armed groups abroad. A similar rule exists in Australia, though in general blanket-travel restrictions are rare in developed countries. (It's unclear how useful this

ban would be, because the House of Commons passed a bill in 2013 that made it explicitly illegal to travel to another country to commit a terrorism offence.)

What other leaders say

Opposition leaders have dismissed the move as campaign-season bluster. Justin Trudeau accused Harper of trying to distract Canadians from the wobbly economy, while Thomas Mulcair said, "There's little evidence to show that this will have a concrete effect."

What the law says

Harper said travelling to

conflict hot spots is "not a human right." But the proposal could find the PM at odds with the Canadian Constitution, says University of Toronto law professor

Kent Roach. And that

means the policy might not hold up in court if challenged under the Charter of Rights and Freedoms.

"It would limit the right of Canadian citizens under Section 6 of the Charter (of Rights and Freedoms) to leave Canada. It would have to be justified as a reasonable limit," Roach said.



What rights groups say

Some human rights lawyers are concerned the proposal promotes a guilty-until-proven-innocent mindset, while the Canadian Civil Liberties Association says it will disproportionately affect certain ethnic groups.

It isn't clear what exceptions would be allowed, but Conservatives confirmed that tourism, business and religious pilgrimages won't cut it. Even with exceptions, some groups fear the ban could put red tape and delays in the way of activists, filmmakers, journalists, people doing humanitarian or diplomatic work and those travelling to care for ill or elderly relatives.

The election explainer is dedicated to informing would-be voters without boring them. It will appear regularly in this space throughout the campaign. What would you like explained? Email us at readers@metronews.ca.

Sidewalk report leaves pedestrians in the cold

YOUR RIDE

Erica Butler



If you thought you might find some cause for hope in the recent city staff report on snow and ice clearing, think again.

Staff barely acknowledged the plight of pedestrians last winter, opting instead to focus on the bottom line.

I had hoped to read a report considering the extent of the effects of last winter's impassable sidewalks: People unable to get to work or run basic errands, people breaking bones and otherwise injuring themselves on the ice, those with mobility challenges left effectively stranded and all the lost productivity that these things bring.

I thought I would read a report suggesting ways

to up our game and cope with ice in the future, so as not to bring our city to its knees (literally and figuratively) for weeks at a time.

Instead, I read a report on how we can outsource our financial risk, as if our city's managers actually believe that cost overruns were the big problem with the winter of 2014-15.

Don't get me wrong: Overspending is not good. But it's also bound to happen in a worst-case scenario winter like our last one.

I don't think the system needs an overhaul because we spent so much last year, I think the system needs an overhaul because we spent so much and our sidewalks were still impassable.

As Coun. Matt Whitman put it at the marathon meeting where staff presented their report: "It would be different if we spent an extra \$13 million on a great job."

It certainly would. It would also be different if there was a sense among anyone but our city councillors of the gravity of the problem. In the words of Coun. Jennifer Watts: "We abandoned our pedestrians."

Ultimately our councillors need options to act on. They need information on what it would mean to improve our standards (48 hours to clear bus stops? Absurd!) They need real explanations as to why so many kilometres of our sidewalks were encased in ice, while walkways at Dalhousie University were cleared to bare pavement.

Instead, our councillors were given one choice: Wait till our current outsourced contracts expire and attempt to negotiate better terms for the next round. At the same time, they were told to outsource even more of our snow clearing, to

I read ... how we can outsource our financial risk, as if our city's managers actually believe that cost overruns were the big problem with the winter of 2014-15.

make sure it's not city employees getting paid overtime the next time we hit a snow-rain-freeze cycle.

That may save us from paying more than we planned, but it certainly won't save us from the same icy fate we endured last year.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

ROSEMARY WESTWOOD

metroview

Why there's so much bloody fuss about one on-camera kiss

This isn't the hot take.

This isn't an attempt to feed the media storm or public-shaming machine against 17-year-old Daniel Davies, who planted a kiss on the cheek of a TV reporter in Squamish last weekend, and snapped a selfie. This is an attempt to explain why we're talking about it so bloody much.

To quote one boss, "If it was a hot blonde in a bikini top kissing a man, this wouldn't be happening." The kisser wouldn't have faced the threat of the RCMP, she meant (the complaint against Davies was dropped yesterday after he apologized). A male reporter might be annoyed or pissed off, but he wouldn't turn it into a national story. There wouldn't be the hoopla.

I couldn't agree more. But that doesn't mean that reporter Megan Batchelor acted out of line by going to the police. It means you can't compare apples to oranges, or men to women.

Equality between the sexes doesn't exist.

When women live in perpetual fear of rape (ask them, they do), when their bodies are viewed as the playthings of men (still) and when violence against women remains at pandemic proportions, guess what: Women are going to be defensive over their bodies and sexuality.

And rightly so.

It's not good enough to

say, "Oh, it's just a kiss!" No, it's not. It's an unwanted kiss, the kind that got 65-year-old Narinder Jain in Ottawa charged with multiple counts of sexual assault after he went on the most bizarre of sprees — a kissing spree — this summer.

It's also not good enough to wonder, "What's the big deal?" The big deal is, women in our society feel that their bodies are constantly under attack. Women who work in TV, in particular. Take the FHRITP prank.

If we didn't have rampant sexual violence, if we indeed had equality, the kiss might have been laughed off. Batchelor mightn't have taken unwanted advances to be part of a continuum of assault women fear every day. But that's not our world.

What this all means for some guy's hook-up strategy, I couldn't care less. The world is not becoming a colder place because men have to worry about not offending the women. And if even if it is, well, that's a small price for some to pay compared to the price women (and men) are paying for sexism.

If you want a society where good-natured signs of affection aren't misconstrued as sexual assault, then consider building the kind of society where women aren't living in fear of sexual assault. We could use your help.

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PHILOSOPHER CAT
by Jason Logan



Harpist turns pluck into Style

VIRAL VIDEO

Emilie Kahn wins fans with cover of Taylor Swift song

Some musicians would do anything to capitalize on an endorsement from Taylor Swift — but that's simply not Emilie Kahn's style.

The Montrealer has gathered significant attention for her austere cover of Swift's *Style*, which she played on the harp. Her intimate take on the song has been posted by Time, Entertainment Weekly and BuzzFeed — not to mention Swift herself, who retweeted Billboard's post on the song.

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom.

"It's become a bit overwhelming," she conceded in a telephone interview recently, noting that she had to stop monitoring the clip's ever-climbing YouTube view count (more than 200,000 hits and counting).

"It's getting a lot of attention, which is super exciting, but it's also kind of scary just to be, I guess, famous on the Internet.

"I don't want to be known as the girl who did the Taylor Swift cover," she added. "I think with the Internet and all these clickbait websites, it's kind of easy for you to put out a video



Canadian musician Emilie Kahn, above, caught the attention of Taylor Swift, inset, and racked up major YouTube views with her harp version of the singer's song *Style*. YANI CLARKE/HANDOUT

and it just becomes a piece of content for people to share.

"People are reacting really well to the video, saying this touched me and this changed my life — so that's amazing to hear. But I'm also worried

that next week it'll be onto the next thing."

In fact, this should just be the beginning for Kahn.

Emilie & Ogden's debut, 10,000, is due out Oct. 2. It's cinematic and wrenching, with lyrics about "pain and heartbreak" — not necessarily auto-

biographical, she notes — finding an ideal vessel in Kahn's gossamer voice and mournful instrument.

The arrangements on her album are significantly fuller than her stripped Swift cover, although Kahn says her *Style* is an accurate indication of the

intimate feel of her live show.

She chose to interpret the song because she wanted a cover in her set and she's "kind of just a big fan" of Swift.

"(Style) has a really unique mood," Kahn observed. "She writes a lot of huge pop hits, but I think they always have a

really specific subject matter. This song is about the time after you break up with someone and you keep going back to each other.

"I thought that was a very interesting mood that you don't see a lot in pop music."

Kahn was born in Toronto but spent her formative years in Montreal.

She began writing songs as a teen but couldn't commit to an instrument, wandering from flute to piano to guitar.

She went to music school, still trying to locate her passion for piano, when she attended a concert and noticed a harpist accompanying the choir.

"It was love at first sight," recalled Kahn, noting that she's been playing for five years. "When I discovered the harp, it changed my life."

Kahn concedes that while she's stopped absorbing feedback related to her *Style* cover, she might be encouraged by the top-voted comment lurking on YouTube.

"I can't believe I've never heard of you before," wrote a user named Toni C. "I'm definitely buying your album in October. You're absolutely amazing!"

Informed of this, Kahn laughed: "That's nice to hear."

THE CANADIAN PRESS

FAME AND A HARP WITH A NAME

For the soft-spoken Kahn — who performs as Emilie & Ogden, Ogden being the name of her harp — it's all a little tough to fathom.

"It's become a bit overwhelming," she concedes.

STREAMING

New Mindy Project won't be more risqué, Kaling says

Mindy Kaling is blissfully unaware of the numbers Hulu may be hoping for when it comes to streaming new episodes of *The Mindy Project*, which debuts its fourth season on the service on Sept. 15.

"To be honest, after being on network TV for 11 years, I'm kind of happy about that. I'd rather just focus on the creative and I'm happy that they're not trying to pull me into those conversations," Kaling, its creator and star, told *The Associated Press* Sunday.

Fox cancelled the series in

May but Hulu revived it days later, asking for 26 episodes, which is the biggest season order of *The Mindy Project* to date.

"I'm so grateful and I just want to make the show better than it's ever been," said Kaling. "We went from 'We're never doing this show again' to having more work than ever."

The comedy itself won't change too much in its leap to the web where a new episode will be posted each week.

"I think if we really changed the show and made it more ris-

“
I just want to make the show better than it's ever been.
Mindy Kaling

qué and put it more on a tilt towards stuff you might find on HBO or Showtime, we would maybe turn off some of our core viewers," said Ike Barinholtz, who is a cast member, producer and writer on the series.

The episodes won't be under

the same time constraints that exist in network television, so they will feature more of the supporting cast like Ed Weeks, Beth Grant and Xosha Roquemore. Kaling said she is happy to give them more screen time because she was a supporting player on *The Office* who appreciated when she had more to do.

The 36-year-old entertainer also hasn't ruled out producing TV for other people and said she would consider it if she found something she was excited by.

For now, her main priority is to her show. THE ASSOCIATED PRESS



Mindy Kaling is happy to have more work than ever. GETTY IMAGES

She's learned to love running

THE MILE HIGH RUN CLUB

Lena Dunham's coach shares his tips

Emily Laurence
Metro in New York

If you think you'll never be one of those people who runs five miles before work or trains for a marathon, don't write yourself off so fast.

Lena Dunham recently confessed she hated running her whole life — until she started training with Matt Wilpers of the Mile High Run Club. "Working with Lena was an awesome experience for me," Wilpers tells us. "I helped transform her attitude about fitness by helping her build confidence." Here, he shares how you can start enjoying it, too.

Set specific goals

If you aren't one of those people who just naturally loves to run, you need a reason to do it or it can seem a bit pointless. "Some people (set a goal) to work up to their first race, such as a 5K," Wilpers says. "Other people, like my dad, start running to improve their overall health. I think it's really important to set specific and measurable goals so you can track your progress."

Switch it up

If you think running is boring, try it in a new way. Wilpers says he grew up running the mountain biking trails in his hometown. While that may be hard to do in an urban area, cities boast amazing skyline views. Never underestimate the power of beautiful scenery to make you look forward to a run. Another new way to challenge yourself: Take a treadmill class.

Do it with a friend

Making friend-dates for a run

“It's really important to set specific and measurable goals.”

Matt Wilpers, running coach

and indulge in a post-workout smoothie gives you something to look forward to, with the bonus of holding yourself accountable to actually work out. "Before you start running with a friend, set expectations about the run so you can accomplish your goals," Wilpers says. "Then you can spend more time enjoying the company of your friend."

Come up with a motto

Wilpers says he has lots of mottos that he lives by, but his favourite is "Sharp Body, Sharp Mind." A running motto can keep you going and also can bleed into other areas of your life. "As long as I maintain my fitness, I think clearly and make better decisions," Wilpers says.



"Not usually one to post a paparazzi shot but this fills me with pride," Dunham wrote on her Instagram account when she posted this pic. [INSTAGRAM/LENADUNHAM](#)

BREAKUPS

Women hurt more, recover better: Study

Women endure more emotional pain when a relationship ends, but once recovered, they could be in better shape than their former other halves, a researcher says.

"Put simply, women are evolved to invest far more in a relationship than a man," says evolutionary researcher Craig Morris of Binghamton University in the U.S., who was involved in recent study on the topic. "A brief romantic encounter could lead to nine months of pregnancy followed by many years of lactation for an ancestral woman, while the man may have left the scene literally minutes after the encounter, with no further biological investment."

Although men feel less pain, they never fully recover, according to the study — they simply move on.

It's a question of biology, says Morris, remarking that women have more to lose by dating the wrong person.

"It is this risk of higher biological investment that, over evolutionary time, has made women choosier about selecting a high-quality mate," says Morris.

"Hence, the loss of a relationship with a high-quality mate hurts more for a woman."

Most of us will experience at least one breakup that causes pain significant enough to decrease our quality of life for weeks or even months, according to the study.

Working with 5,705 participants spanning 96 countries, Morris and his team asked them to rate the emotional and physical pain of a breakup on a scale that represents no pain at one and ascends to 10, at which point the pain is unbearable.

Women reported higher levels of emotional pain, averaging 6.84 on the scale, while men averaged 6.58. Women's physical pain averaged 4.21 while men's was only 3.75.

For men, their evolution has led them to compete for women's romantic love, which Morris believes diminishes their pain upon losing a high-quality mate.

"The man will likely feel the loss deeply and for a very long period of time as it sinks in that he must start competing all over again to replace what he has lost — or worse still, come to the realization that the loss is irreplaceable," he says.

AFF

IN BRIEF

Research says women push their boundaries more with vacation sex

Study subjects: Over 850 women aged 18 to 50

Results: After participants filled out a survey measuring how risky they perceived certain tourist situations to be, researchers found that being on vacation makes women more open to sexual risk-taking and experimentation.

Being away also ups sexual confidence and makes ladies more likely to push their sexual boundaries.

Significance: Many of the women surveyed said that anonymity played a major role. The ability to anonymously participate in sexual fantasies was a big draw for some.

Others went as far as to say that sexual experimentation and erotic thrills were vacation musts. Researchers say that it's the departure from tight schedules, social judgment and everyday responsibilities that ultimately opens the door.

In other words, being away loosens inhibitions.

AFF

PSYCHOLOGY

This could get ugly: Unsmiling women may be judged harshly

Hadley Boltres
Metro in New York

Psychologist Susan Krauss Whitbourne wanted to look into why only women seemingly suffer from the so-called "resting bitch face" condition.

Men are more respected when they appear thoughtful. But women who don't smile automatically appear cold, according to the RBF theory, writes Whitbourne in a recent Psychology Today post.

Facial muscles constantly respond to one's inner fleeting emotions, she notes, but why do people quickly conclude personality traits based on facial expressions, not just emotions? We assume that the woman is a "bitch," a trait, rather than tired, worried, or angry, all fleeting emotions, she says.

ing emotions, she says.

She looks at a study from the University of Glasgow in 2014 that may give us clues into how people judge "RBF." The study assessed dominance, trustworthiness and attractiveness in different facial expressions. The researchers found that we can communicate power and dominance, but attractiveness could not increase through facial muscle manipulations.

The study only looked at men's faces, so, Whitbourne notes, so it can't tell us how perceptions of dominance in men and women's faces differ.

"But if the RBF theory is true, women looking dominant should be perceived as less attractive than men with similar expressions," she says.



Kristen Stewart has been accused of having an RBF. [GETTY IMAGES](#)

+ HIGH AND LOW DOMINANCE

High dominance

Wrinkling the nose and snarling the lips, show dominance, according to the 2014 study.

Low dominance

Raising and lowering the brows, showing dimples, stretching the lips and lowering the chin.



SQUAMISH MUMFORD ON THE ROAD Marcus Mumford of Mumford and Sons performing Sunday, the final day of the Squamish Valley Music festival. The band continues their Canadian tour with a stop in Edmonton tonight, and they will play a show in Calgary on Wednesday. JENNIFER GAUTHIER/FOR METRO

Nicki calls Mill her 'baby father'

PREGNANCY

Does rapper have a mini Minaj in the oven?

IN HOLLYWOOD

Ned Ehrbar



Meek Mill is probably happy that his name is coming up for some reason other than constantly feuding with Drake.

So what's distracting everyone from that spat now?

Oh, just Nicki Minaj introducing him at a recent Burgettstown, Pa. concert as "my baby father," immediately setting off waves of speculation that Minaj is in fact pregnant — and apparently a fan of mangling popular phrases.

Seriously, baby father?

That just sounds awkward.

As to whether there's any truth to baby talk, Minaj is being less than helpful, re-



As to whether there's any truth to baby talk, Minaj is being less than helpful, retweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.

Ned Ehrbar

tweeting fan reactions to the rumour with just a series of crying laughing — or maybe just crying — emojis.

That could really mean a number of things. This is why people shouldn't release statements comprised entirely of emojis.

It's an imperfect communication system, people.



GOSSIP BRIEFS

Breakup left Watson utterly speechless

Emma Watson says that last year she went through a "horrendous" breakup. How horrendous? It involved a vow of silence. "I felt really uncomfortable," Watson says. "Even before my relationship ended, I went on a silent retreat because I really wanted to figure out how to be at home with myself."

NED EHRRBAR/FOR METRO

Aniston's secret wedding

Howard Stern has revealed details about Jennifer Aniston and Justin Theroux's secret wedding, including that Jimmy Kimmel officiated. Stern was a guest at the L.A. ceremony last Wednesday that the couple disguised as a birthday bash. THE ASSOCIATED PRESS



INTERVIEWS

FKA Twigs hasn't seen Twilight

Robert Pattinson's fiancée, singer FKA Twigs, sounds like a real delight to interview. An intrepid Sunday Times reporter did her darndest to get through a chat with Twigs, but it doesn't sound like it went very well — especially when the topic of marriage comes up.

"Who told you I was getting married? You might read somewhere that I'm a monkey and it doesn't mean I am," Twigs says.

She also starts the interview in tears and ends it with, "I think this could be my last interview."

I can't do it. It makes me feel nutty."

The highlight, though, is when she admits she hasn't seen Twilight, the film that made Pattinson a star.

NED EHRRBAR/FOR METRO



FILM FESTIVALS

Portman heads to TIFF for charity

Natalie Portman will take to the stage to discuss her varied film career at a brand new charity event for the Toronto International Film Festival.

The first annual TIFF Soiree will feature an on-stage conversation, cocktail party and musical performances. Organizers say funds raised by the event will support programming, exhibitions, workshops and educa-

tional initiatives for youth and aspiring filmmakers.

The event takes place at TIFF Bell Lightbox on Sept. 9, with tickets starting at \$300. THE CANADIAN PRESS



Guinevere Domestic Short Hair

Guinevere is a Celtic name that means "Fair One"... perfectly suiting this pretty and petite 2-year-old. Although we know little of her history, we do know that she loves to give soft kisses to those she favours most. She has a demure purr, loves affection, is well adjusted and people-friendly. Her bags are packed and she is optimistically hoping that someone will fall in love with her soon. **Guinevere is looking forward to your visit.**



For more information on **Guinevere** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

BROUGHT TO YOU BY:



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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Your love of animals can be a career

The veterinary hospital assistant program at da Vinci College is perfect for those individuals looking to take their love of animals and turn it into a career. Veterinary hospital assistants (VHAs) fill a variety of roles — they are the counsellor, educator and advocate, and at the front line of animal care.

Graduates of this program become qualified front-line VHAs and regularly find rewarding careers in such animal health-care settings as veterinary hospitals and clinics, animal emergency, referral specialty and teaching hospitals, doggy daycare and boarding kennels, and non-profit rescue and rehabilitation organizations.

"Our nine-month program provides hands-on training with actual animals and prepares students for the fast-paced, quality-controlled veterinary hospital environment," says Janice Currie, director at da Vinci College.

"Under the guidance of experienced industry professionals, our VHA students learn relevant theory and master practical skills



CONTRIBUTED

using actual field equipment."

Courses in this program include a range of topics: Pet first aid; anatomy and physiology; clinical office procedures; nutrition; communications; veterinary medical terminology; dog and cat behaviour; fundamentals of dental and surgical procedures; and many more.

"You'll be taught by experienced, industry professionals with other like-minded students," Currie says. "But we give you more than just cool skills and valuable knowledge. We prepare you for real jobs that are waiting for you to take or create."

Classes begin several times per year and typically fill up far in advance. For more information, visit davincicollege.org.

HEALTH-CARE FIELD NOT AFFECTED BY ECONOMY

No matter what the economy looks like, people will always need medical care. The health-care industry is growing, and Maritime Business College (MBC) offers a popular medical office administration program to meet this growing demand for jobs.

"Individuals with specialized health-care training often enjoy higher job security than professionals in fields more affected by changes in the job market," says Janice Currie, director at Maritime Business College.

"In fact, advances in technology and an aging population are actually creating growth in the health-care industry right now."

Through the medical office administration program at MBC, students will learn the unique procedures and practices of health-care offices for a career as a medical office administrator. Practical skills include computer applications, medical terminology, medical transcription and medical office procedures, combined with important human relations and verbal and written communications skills.

This 52-week diploma program prepares students to become entry-level medical office assistants who are able to work in a variety of



CONTRIBUTED

health-care office environments. This program has been designed so that a two-year program can be completed in just 13 months.

"A medical office is a dynamic place with a wide variety of activities happening all the time," says Currie. "As a medical office administrator you're at the centre of it all."

For more information about the medical office administration program at MBC, visit maritimebusinesscollege.ca.

VETERINARY HOSPITAL ASSISTANT

"I was meant to work with animals."

If you love animals, train to become a Veterinary Hospital Assistant. Get practical, hands-on training with live animals and graduate in just 9 months!

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1577 Barrington St. **HALIFAX**

A new career. A better life.

"I want my life to mean something."

Train to become a Medical Office Administrator in just 13 months.

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Get jobs directly out of school

Ensuring students have the best chance for employment after their studies is the ultimate goal at Success College. For students pursuing careers in the criminal justice and legal industry, Success College provides them with the opportunities to get their foot in the door before even completing the program.

"On-the-job training is very important in this field, so all students spend eight weeks working at a law firm or legal institution to gain practical experience," says Janice Currie, director at Success College. "Many students are eventually hired by the firm that trains them because they have proven themselves during the work term."

This is one of the reasons the Success College paralegal program has an extremely high placement rate, well in excess of 90 per cent. Through the paralegal program at Success College, individuals are taught fundamental training in office administration, and



CONTRIBUTED

then supplement this with specific training to work in the legal industry.

Paralegals play an important role in today's justice system, which work closely with lawyers, prosecutors and public defenders and serve as valued members of a legal team.

"Our graduates pursue satisfying, rewarding careers that impact their lives and the lives of others," Currie says. "One of our core strengths is preparing students for careers as a legal secretary or paralegal."

To learn more about programs at Success College, visit successcollege.ca.

COURSES CHANGING TO REFLECT RECENT TRENDS

As the film industry changes, schools must also change their programs to reflect current trends. Da Vinci College is excited to announce new changes to its filmmaking program that will help students stay up to date with the demands of the industry.

Some of the new changes include updated equipment for the use of the students.

Each student will receive their own Canon T5i camera as part of their tuition, giving them the freedom and independence to develop their own projects. Da Vinci has also acquired a Black Magic URSA camera, surpassing the quality used by other colleges.

Students of the film and media production program receive extensive training in broadcast production, advanced techniques in film and television, narrative film production, and documentaries.

Training includes script development, pre-production, project management, film and audio production, and editing and post-production.

"Our program teaches you the technical side of filmmaking to bring your commercial, movie or documentary idea to life," says Janice



CONTRIBUTED

Currie, director at da Vinci College. "Equally important, we teach the marketing and managerial skills necessary to launch your career, and with a film portfolio that will open doors."

This new program has been submitted for approval to the Department of Labour and Advanced Education, and will begin in September. For more information about the film and media production program, visit davincicollege.org.

"Success College changed my life. If not for the Paralegal program, I would not be where I am today."



Train for a secure, rewarding career as a Paralegal in just 14 months.

Still time to enroll for September!

successcollege.ca 902.865.8283



MAKE PASSION YOUR PROFESSION!

"I was meant to be a filmmaker."

Learn the technical side of filmmaking to produce your stunning commercial, video, movie or documentary. We are the only training centre that starts you with your own Canon T5i camera and graduates you with an impressive portfolio that will open doors.



STILL TIME TO START OUR NEW FILM AND MEDIA PRODUCTION PROGRAM* THIS SEPTEMBER!



*Pending approval by the Department of Labour and Advanced Education.

Call today **1.866.429.1847** or visit davincicollege.org
1577 Barrington St. **HALIFAX**

Maritimers help kids around the world

Among Canadians, the Maritime region has a reputation for generosity, and this willingness to help is having a powerful impact globally. One tangible way Maritimers are making a difference is by sponsoring a child with World Vision.

In Nova Scotia there are more than 11,000 sponsors improving the lives of children and families around the world.

These sponsors are helping create real and lasting change. The best way to ensure a child's future is to help increase access to services and opportunities in their town or neighbourhood. To help provide sustainable, local access to things like clean water, healthcare and education, and to increase economic opportunities. Each sponsor is improving the lives not just of their sponsored child, but also the children and families in the community around them.

Development solutions are unique within each country and community World Vision works, and driven by that community. One area in which these unique problems and long-term solutions can be seen at work is in

coastal communities. One aspect of World Vision's work in the Philippines is to reduce the potential impact of disasters.

This is especially important for the coastal regions of the country, as they most strongly feel the force of storms and hurricanes. When Typhoon Haiyan ripped through the region in 2013, the damage was devastating. Entire communities were destroyed.

Residents of one town in Aklan province had an additional concern. Coastal erosion from the storm caused them to lose between three and four metres of shoreline. Novie, a resident of the area shared "When I was growing up, we were really far from the sea. Now, there are 80 houses that are within 40 metres to the shoreline." Erosion had been happening gradually over the years, but the dramatic loss from Typhoon Haiyan created an urgent need to prevent further damage.

World Vision worked with the community to address the issue. The solution was to plant mangroves along the coastline. Over the course of three weeks a buffer of 2,000 mangrove



Children play in the clear blue water off the coast of the Philippines. As part of its development work in this country, World Vision has been helping coastal communities protect themselves against the effects of natural disasters. JON SNYDER/WORLD VISION

trees, was planted along the coast, and a nursery established to quickly replace trees that might be lost in the event of another hurricane. An agreement was created with the local government to ensure the long-term upkeep of the mangroves.

Mangrove trees are native to the area, and are thriving in the shallow waters. They act as a natural breaker, sheltering the shore and

protecting homes along the coastline. Mangroves will also help the fishing industry in the area continue to recover from the effects of Typhoon Haiyan. They attract and shelter small fish, shrimp, crabs and other income-earning sea life.

To find out more about World Vision's work around the world, or to change a community by sponsoring a child, visit worldvision.ca.

Maritimes

Campaign for **Children**

1000 CHILDREN
urgently need your help.
Sponsor a child today.

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www.worldvision.ca



World Vision

4412490

NHL IN BRIEF

Investigation into Patrick Kane involves woman in her 20s, source says

A person familiar with the police investigation of Chicago Blackhawks star Patrick Kane told The Associated Press that it involves something that happened between the player and a woman in her 20s.

The person spoke on condition of anonymity Monday because authorities have not revealed any details of the investigation being conducted by Hamburg police.

Hamburg Police Chief Gregory Wickett confirmed the investigation last week, saying it involved something that may have happened at Kane's home outside of Buffalo on Aug. 2. Wickett said police were gathering information and awaiting results of forensic tests.

NHLPA grieves Richards' contract termination

The NHL Players' Association has filed a grievance on behalf of centre Mike Richards, contesting the termination of his contract by the Los Angeles Kings.

The Kings terminated the final five years of Richards' contract on June 29, saying the two-time Stanley Cup champion committed "a material breach" of his deal.

Rangers give Stoll a shot

The New York Rangers are giving former Los Angeles Kings centre Jarret Stoll a second chance a few months after he pleaded guilty to reduced charges in a cocaine case.

The Rangers on Monday signed Stoll to a one-year, \$800,000 contract in a deal that gives the NHL's best team in the regular season in 2014 a centre who is outstanding on faceoffs and good on the penalty kill.

Blues Lehtera had surgery

The St. Louis Blues said that forward Jori Lehtera will be sidelined for six-to-eight weeks after recent surgery on his right ankle. Lehtera had surgery on Aug. 4.

The Blues said the 27-year-old Lehtera was injured at the end of the season. THE ASSOCIATED PRESS

Moose get back to work

QMJHL

Members of Herd to report to camp starting today



Kristen Lipscombe
Metro | Halifax

It wasn't long ago that they were the rookies.

Now Brett Crossley, Taylor Ford and Morgan Nauss have a solid year of facing off in the Quebec Major Junior Hockey League behind them, so they have a better idea of what to expect heading into this week's Halifax Mooseheads training camp.

Nevertheless, the second-year hopefuls aren't taking anything for granted.

"I think we're all ready," 17-year-old forward Crossley said Monday.

"The vets are ready to come in; they know what to expect," the five-foot-11, 166-pound Cole Harbour native said. "It'll be a good training camp, lots of speed and it will be a good pace."

Fifty potential Herd members will be at Cole Harbour Place starting Tuesday with registration, followed by practices and intrasquad games Wednesday through Friday.

The puck then drops on the first pre-season game at 7 p.m. on Saturday, with the Moose-



Halifax Mooseheads forward Timo Meier, right, stickhandles around Garrett Johnston of the Moncton Wildcats during last season's QMJHL action. JEFF HARPER/METRO

and red intrasquad teams this week.

In the crease, 20-year-old Eric Brassard and 18-year-old Kevin Resop are both back, while up front key returnees include 18-year-old Swiss import Timo Meier and brothers Connor and Danny Moynihan.

Rookies to watch include forward Arnaud Durand, selected seventh overall at the 2015 QMJHL Entry Draft; blue liner Walter Flower, picked 26th overall this year; and Russian import forward Ilya Putintsev, to name a few.

"Work hard," 18-year-old Ford said of advice he and his teammates will give to newcomers.

"You've got to compete and work hard and good things

You've got to compete and work hard and good things will come from that.

Taylor Ford's advice on how to get noticed by decision makers at Mooseheads training camp

WHAT'S AHEAD FOR THE MOOSEHEADS

MOOSE GO CAMPIN'

Tuesday: Player arrival and registration.

Wednesday: Team Red practice, 9-9:50 a.m.; Team Green practice 10-10:50 a.m.; Intrasquad game, 4-6 p.m.*

Thursday: Team Red practice, 9-9:50 a.m.; Team Green practice 10-10:50 a.m.; Intrasquad game, 4-6 p.m.*

Friday: Team Red practice, 9-9:50 a.m.; Team Green practice 10-10:50 a.m.; Intrasquad game, 4-6 p.m.*
* Practices and intrasquad games Wednesday through Friday are free of charge to the public at Cole Harbour Place.

PRE-SEASON PUCK-DROP

Saturday: Mooseheads vs. Cape Breton, Halifax Forum, 7 p.m.

Sunday: Mooseheads at Moncton, Red Ball Internet Centre, 4 p.m.

Saturday, Aug. 22: Mooseheads vs. Charlottetown, Rath Eastlink Community Centre in Truro, 7 p.m.

Sunday, Aug. 23: Mooseheads at Cape Breton, Emera Centre Northside in North Sydney, 4 p.m.

Saturday, Aug. 29: Mooseheads at Cape Breton, Centre 200 in Sydney, 7 p.m.

Thursday, Sept. 3: Mooseheads vs. Cape Breton,

Halifax Forum, 7 p.m.

GET YOUR TIX

1 Tickets for pre-season games at the Halifax Forum are \$8 and at the Ticket Atlantic Box Office, select Atlantic Superstore locations and at TicketAtlantic.com.

2 Tickets for pre-season games in Truro are \$10 at the Rath Community Eastlink Centre box office or Ticketpro.ca.

3 Halifax season tickets are available at hali-faxMooseheads.ca and 15-game packages are available at 902-429-FANS or at the ticket office inside Antlers at Scotiabank Centre.

will come from that," the six-foot-one, 182-pound player from St-Lazare, Que.

"Keep it simple," Nauss added.

"Play your own game and do what got you here in the first place," Crossley said.

The guys agreed the same rules apply to veterans, too.

"We know what to expect, but there's not really a sense of relaxation," Ford said. "You've got to work for your spot."

Canadians at full speed

PARAPAN 2015

Athletes win gold medals at track, pool and velodrome

Jason Dunkerley got Canada's track and field team off to a winning start at the Parapan American Games on Monday.

The visually impaired runner from Ottawa raced to gold in the men's 5,000-metre T11 event, finishing with his guide Josh Karanja in a Games-record time of 15 minutes 39.54 seconds.

Chile's Cristian Valenzuela Guzman was second in 16:21.31 while Ecuador's Darwin Castro was third in 16:34.91.



Jason Dunkerley
GETTY IMAGES FILE

"We started off with a consistent pace ... we were able to open up a gap," said Dunkerley, who said the result sets him up well for the Rio Paralympics in 2016.



Daniel Chalifour
THE CANADIAN PRESS

"We faced the top two contenders in this race for next year, so this was a good way for us to know how to beat them in the future."

Wheelchair athlete Josh Cassidy of Port Elgin, Ont., also raced his way to the podium on Day 1 of the track meet at the CIBC Pan Am/Parapan Am Athletics Stadium, taking silver in the men's 5,000 T54 race. He finished second to American Daniel Romanchuk in 11:44.92.

"I'm pleased to get a medal,"



Alexandre Cloutier and Daniel Chalifour, of Canada, react to the crowd after winning gold in the 4,000-metre tandem pursuit track cycling event in Milton, Ont., Monday. NATHAN DENETTE/THE CANADIAN PRESS

You just keep challenging yourself and that's what I enjoy about sport: doing better and better and better. Karen Van Nest

said Cassidy. "I'm proud of the young U.S. guy, he's going to be very good one day."

In other early results Monday, swimmer Aurelie Rivard of St-Jean-sur-Richelieu, Que., won gold in the women's S10 100-metre butterfly, adding to the silver she won in breaststroke earlier in the Games, while teammate Samantha Ryan of Saskatoon captured the silver.

There was more gold at the velodrome as visually impaired cyclist Daniel Chalifour of Mont-Laurier, Que., along with guide Alexandre Cloutier, won the mixed individual pursuit ahead of Colombia and Brazil.

Karen Van Nest of Wiarton, Ont., settled for silver in women's archery, blaming jitters in front of the home crowd for partially costing her gold.

Jane Karla Gogel of Brazil edged Van Nest 140-132.

The Canadian, who was slow to join sports after a motorcycle accident in 1985 left her an amputee, said the exposure Paralympic sport is getting in Toronto is a victory in itself.

"I'm hoping any televised para-sport encourages anyone in a chair, or anyone, whatever their disability, to get out and try sport," Van Nest said. "Because it's the healthiest thing really, for your mind, for your body. It enhances your life. And you learn so many skills."

THE CANADIAN PRESS



Karen Van Nest
DAN GALBRAITH/CANADIAN PARALYMPIC COMMITTEE/THE CANADIAN PRESS

IN BRIEF

Sports infrastructure in Toronto still lacking: Critics

Toronto has invested in world-class sports facilities since its last bid to host the Olympics, but some experts say the city must do more to foster sports and recreation in the community if it hopes to make — and win — a third pitch for the Games.

Concerns over residents' access to sports and recreation were raised during Toronto's bid for the 2008 Summer Olympics, and some in the sports community say the city still struggles to keep up with demand for public sports infrastructure despite the construction of new elite venues for the Pan Am and Parapan Am Games.

The city still lacks a "realistic, sustainable" plan to bolster sports and physical activity and make them more accessible to lower-income residents, said Bruce Kidd, a University of Toronto expert on Canadian sport and the Olympics. THE CANADIAN PRESS

U.S. rowers fall ill in Rio

Thirteen rowers on the 40-member U.S. team came down with stomach illness at the World Junior Rowing Championships — a trial run for next summer's Olympics — and the team doctor said she suspected it was due to pollution in the lake where the competition took place.

The event took place amid rising concerns about the water quality at venues for the 2016 Rio de Janeiro Olympics.

The Americans were by far the hardest hit at the regatta, with reports of vomiting and diarrhea.

THE ASSOCIATED PRESS

Government going after Armstrong's medical logs

The federal government says it wants Lance Armstrong's medical records from his 1996 cancer treatments because they could prove just how far he was willing to go to conceal performance-enhancing drug use from the public and his sponsors.

The former cyclist is vigorously fighting release of his medical records from the Indiana University School of Medicine as part of a whistleblower lawsuit in which the government wants to recover more than \$30 million in sponsorship the U.S. Postal Service paid Armstrong and his teams. Penalties could reach as high as \$100 million.

THE ASSOCIATED PRESS

MLB

Price, Donaldson named AL co-players of the week



Blue Jays third baseman Josh Donaldson hit five home runs last week. RICK MADONIK/TORSTAR NEWS SERVICE

Third baseman Josh Donaldson and starting pitcher David Price of the Toronto Blue Jays were named the American League co-players of the week on Monday.

Donaldson batted .385 (10-for-26) with nine runs scored, two doubles, five home runs with eight runs batted in from Aug. 3 to Aug. 9.

Price went 2-0 with a 0.60 earned-run average and 18 strikeouts in 15 innings pitched in his first two starts with the Blue Jays.

"can't believe I'm sharing that honor with 'big daddy!'"

BACK ON BUMP

Blue Jays pitcher Marcus Stroman, who tore the anterior cruciate ligament in his left knee during spring training, has been cleared to throw off the mound.

He deserves it outright but I'm honored to say the least!" said Price from his verified Twitter account.

Donaldson replied to his teammate's tweet minutes

later.

"haha I was going to say the same for you, but at the end of the day individual awards are nice rings are better!" said Donaldson.

Donaldson and Price have been instrumental in Toronto's eight-game win streak which has launched the Blue Jays in to an AL wild-card spot. Toronto is now 1-1/2 games back of the AL East-leading New York Yankees.

Andrew McCutchen of the Pittsburgh Pirates was named National League player of the week. THE CANADIAN PRESS

RECIPE Baked Chicken Caprese with Bocconcini and Tomato



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Serves 4
Ready in

Prep time: 10 minutes
Cook time: 17 minutes

Ingredients

- 8 boneless, skinless chicken thighs
- 1/4 cup all-purpose flour
- 2 Tbsp grated Parmesan cheese
- Salt and pepper
- 2 tsp vegetable oil
- 6 oz bocconcini cheese, sliced into 8 thin slices
- 2 plum tomatoes, sliced horizontally into rounds (1/4" thick)
- Chopped fresh basil
- Balsamic Glaze (optional)
- 1/3 cup balsamic vinegar
- 2 Tbsp maple syrup

Directions

1. Preheat oven to 400 F.
2. Place flour, Parmesan and salt

and pepper in dish. Coat chicken in mixture on both sides.

3. In a large hot skillet, sprayed with vegetable spray, add oil and sauté chicken just until browned on both sides, about 5 minutes.

4. Place chicken in baking dish. Baked for about 10 minutes or until chicken reaches 165 F.

5. Place cheese over top chicken.

6. Set oven to broil. Add chicken dish back in oven and broil for 2-3 minutes until cheese melts.

7. Garnish with tomato and fresh basil.

8. Glaze: In a small skillet, add balsamic vinegar and maple syrup. Bring to a boil and cook for 1-2 minutes, just until bubbles cover entire surface. Drizzle over chicken.

Nutrition per serving

- Calories 290
- Protein 10g
- Carbohydrates 40g
- Total fat 11 g

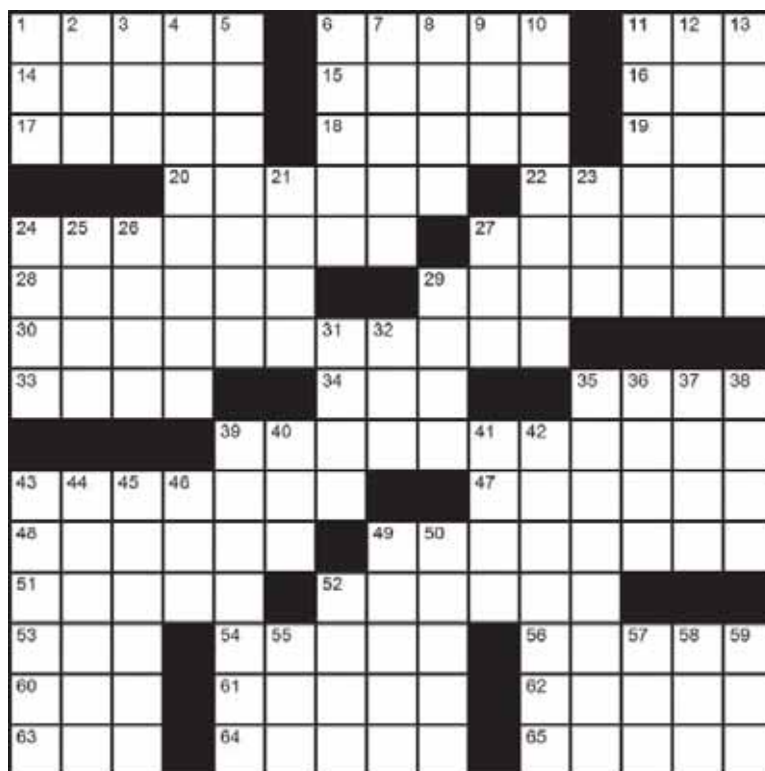
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canadian pickles brand
6. Chocolate substitute
11. Booker T.'s backup
14. Gregorian _
15. "Drop me _" (E-Mail me!)
16. Ginger _
17. Voyageur's craft
18. "Rasputin": 1978 disco hit for _ M
19. Hockey great Mr. Robitaille
20. Encrusting
22. Pontificate
24. The Ugly _ by Hans Christian Andersen
27. Eaten away
28. Resounded
29. Washing _
30. Name of Quebec's flag
33. Gus Van _ (Film director)
34. _ Tac-Toe
35. Restaurant receptacle
39. _ _ (Thingy on the last letter of the answer to #30-Across, as well as on the last letter of #10-Down's answer)
43. Madonna song with a beach music video
47. Older, to a Scot
48. Teacher's correcting pen content: 2 wds.
49. Most weepy
51. Vocally drop a sound/syllable from a word, as per Rockin' instead of Rocking



52. Oscar-winning actress Hilary's
53. Western prov.
54. HBO political satirist Bill
56. French writer Mr. Zola
60. Address book no.
61. There's _ _ to

- it (It requires some finesse)
62. Up-and-coming Canadian singer/songwriter Francesco
63. Poetry's 'Before'
64. Stage in a dragonfly's life cycle
65. Rap star, _

Dogg

DOWN

1. E-Mail sending option [acronym]
2. Smashing Pumpkins co-founder James
3. Pepsi holder
4. Blow to end the boxing bout

5. Thief
6. Mountain retreat
7. Sing- _
8. Tree growth indicator
9. 1969 Three Dog Night hit
10. Sasha Fierce's alter ego

11. Country in Africa where Lilongwe is the capital
12. _-free bread
13. Break from a group
21. Captain William _ (Sailor hanged for murder and piracy in 1701)
23. Go team!
24. Meanings of words [abbr.]
25. Calif. campus
26. CBS' "Big Brother" host Julie
27. Station fuel
29. House critters
31. Carve into stone
32. Driver's need, briefly
35. Amulet
36. Drive
37. Many a moon
38. Portable dwelling of Mongolia
39. Offensive _ (Football position)
40. Call upon
41. Flatbread variety
42. Flops
43. Produce
44. Joseph _ (Catch-22 novelist)
45. What food is
46. Eliminate
49. Jerk
50. Orbiting astronaut's view
52. Deception
55. "Pick a card, _ card..."
57. '90s judge
58. Mr. DiCaprio, to pals
59. Clairvoyance, commonly

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You honestly believe there is nothing you cannot do and that may be true, but don't get so carried away with your own brilliance today that you miss a small but important detail.

Taurus April 21 - May 21
If you rely too much on other people now you will no doubt regret it later on when you discover that they don't know what they are talking about. Sometimes you can be a bit too easygoing.

Gemini May 22 - June 21
Even if you expect the unexpected over the next few days there will still be something that catches you out. The good news is it will be something you like.

Cancer June 22 - July 23
Everything is so quiet at the moment that you could be lulled into a false sense of security. Be careful you don't agree to something that is not in your best interests. You don't have to go along with what others want.

Leo July 24 - Aug. 23
You are entitled to feel pleased with yourself for what you have done, but what you have achieved in recent weeks is only the first stage.

Virgo Aug. 24 - Sept. 23
Your mind has been a bit muddled of late, so don't make any hasty changes. Jupiter's move into your sign today means good things are sure to come your way, but there is no time limit on success.

Libra Sept. 24 - Oct. 23
You seem to be finding it hard to put your thoughts into words at the moment but it could work in your favour as it means you are less likely to give away any secrets.

Scorpio Oct. 24 - Nov. 22
You have come through difficult times relatively unscathed and, more importantly, with your head held high, but don't get carried away because there are more challenges to come.

Sagittarius Nov. 23 - Dec. 21
Are your ideas touched by genius? Some say so, while others say you are mad. But who cares what other people think? It's what you want that matters.

Capricorn Dec. 22 - Jan. 20
The more reserved you have been in recent weeks the more likely it is you will give in to wild abandon. Don't worry too much if you make a spectacle of yourself.

Aquarius Jan. 21 - Feb. 19
You need to admit that you have taken a turn that you did not intend. You need to go back and do something about it. Unless you are enjoying this unexpected diversion.

Pisces Feb. 20 - March 20
Nothing in life happens without a reason and if you bear that thought in mind it should make it easier to deal with an event that on the surface seems senseless. Something sparked it off.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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